



What's a class like?

Started and owned by former and future World Champion Boxer Austin NO DOUBT Trout, classes include an exercise program that attacks Parkinson's at its vulnerable neurological points. While focusing on overall fitness, strength training, reaction time and balance, workouts include: ring work, focus mitts, heavy bags, speed bags, double-ended bags, jump rope, core work, calisthenics and circuit weight training. No boxing experience is necessary and people of all ages are invited to participate. Boxers, both male and female, range in age from mid-30s to early 90s. Meet our lead coach Marlene who is also a physical therapist.

ROCK STEADY BOXING AFFILIATE

For more information, please contact:
Rock Steady Boxing No Doubt Training Academy

Classes are held at Maximum Martial Arts,
1705 E. University Ave. Las Cruces

NoDoubt@RSBaffiliate.com

575.650.0351

NoDoubt.RSBaffiliate.com

Schedule info available on the Mind body app.

**COVID
Precautions
in Effect!**

ROCK STEADY BOXING NO DOUBT TRAINING ACADEMY

**IN THIS CORNER, HOPE.
FIGHTING BACK AGAINST PARKINSON'S**

